



Race 4 Chase Fact Sheet

Program Overview:

The RACE 4 CHASE YOUTH TRIATHLON PROGRAM (RFCYTP) is a youth triathlon program aimed to provide kids ages 6 to 12 with a safe, healthy non-competitive environment to discover the sport of triathlon. It brings together kids from all different backgrounds and educates them on how to adopt a healthy lifestyle, coaches them to develop a foundation of athletic skills, and inspires them to aim high in sports and in life.

This six-week goal-oriented summer program will begin Monday June 26th and end Saturday August 5th. The program provides kids with expert instruction in swimming, cycling, running, strength training and flexibility, and also teaches them the fundamentals of good nutrition, under the supportive guidance of coaches, lifeguards and instructors. Implementing a custom-designed training program, the coaches provide the youth athletes with all the equipment, knowledge, and one-on-one support they need to become tri-athletes. At the culmination of the training camp, all the youth athletes come together to compete in a USAT-sanctioned triathlon race on Saturday August 5th at YMCA Camp Sloper in Southington (1000 East Street, Southington, CT).

All applicants must make a commitment to attend all practices and Race Day on August 5th.

Program Details:

- Monday through Friday 9am-12:30pm during a six-week summer session to train youth in the sport of triathlon.
- Each program is run by a trained head coach and coaching assistants. (Ratio of 1 coach per 8 athletes)
- Lunch is provided to the athletes every day of the program (optional based on need and availability).
- At the end of program, all of the athletes in each community compete in a short-course USAT-sanctioned youth triathlon race on Saturday August 5th at YMCA Camp Sloper in Southington (1000 East Street, Southington, CT).
- All athletes are instructed in swimming, biking, and running, and are also taught the fundamentals of good nutrition, strength training and flexibility.
- Guest coaches share their experiences on how participating in the sport of triathlon and being fit and healthy has helped them succeed in life.
- **The program is FREE for all participants.**

The CMAK Foundation's Mission

In remembrance of Chase Michael Anthony Kowalski, the students and educators of the Sandy Hook tragedy, we will be a positive force to inspire community healing through family and children-focused initiatives and programs. By focusing on emotional healing and physical health & wellness, we will positively change the lives of children and their families.